

Pools

Pool drownings are always a concern in our community, especially in the summer. Most drowning victims are 4 years old or younger. Pools, spas and hot tubs are required to be completely enclosed with access barriers of at least five feet. Gates in the fence must be self-closing and self-latching. Clark County's Fire and Building departments are sponsors of the Health District's annual ABC&D's of Drowning Prevention campaign. Safety tips include:

A = Adult supervision refers to designating an adult who can swim to actively supervise children around water. Hire a lifeguard for pool parties and social gatherings around water.

B = Barriers refers to the installation of layers of protection between your home and your pool to ensure safety, including perimeter fences at least 60 inches high, securing and alarming dog doors so children can't crawl through them, and spa safety covers.

C = Classes, including swim lessons and CPR, are a must for family members.

D = Devices such as life jackets, personal flotation devices and rescue tools create a safe pool environment.

Summer Heat

Heat can pose serious health risks to anyone in our region, especially children, the elderly and people with poor circulation and weight problems.

Most heat disorders occur because victims have become dehydrated after spending too much time in the heat. To avoid heat-related health problems, drink more water than usual and seek shaded or cool areas during the hottest times of day.

Children and pets should never be left unattended in vehicles. Temperatures in a car can rise to 120 degrees when outdoor temperatures are in the 90s. Pets also should have access to lots of shade and water when outdoors.

Symptoms of heat exhaustion include heavy sweating, paleness, muscle cramps and dizziness. Anyone overcome by heat should be moved to cool and shaded location. Listed below are important things to remember during the hottest months of the year:

- Drink water even if you don't feel thirsty. Limit intake of alcoholic beverages, which contribute to dehydration.

- Always carry plenty of water with you and a mobile phone. You never know what might happen during the day that could keep you outdoors longer than anticipated.
- Dress for summer. Clothing that is loose, lightweight and light-colored reflects heat and sunlight.
- Use sunscreen with a high SPF to protect against sunburn and skin cancer.
- Limit errands and outdoor activities to before noon or in the evening to avoid being out during the hottest part of the day.
- Stay indoors as much as possible. If air conditioning is not available, stay on the lowest floor out of the sunshine.
- If you work outdoors, take frequent rest breaks in shaded or air-conditioned areas.
- Avoid strenuous exercise during the hottest part of the day. Get plenty of rest to allow your natural "cooling system" to work.
- Eat small, well-balanced meals and eat more often.
- Protect windows. Hang shades or draperies on windows that receive morning or afternoon sun. Outdoor awnings can reduce the heat entering the house by as much as 80 percent.
- Avoid extreme temperature changes. A cool shower immediately after coming in from hot temperatures can result in hypothermia, particularly for elderly and very young people.

Check on your animals frequently to ensure that they are not suffering from the heat.